UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeeper's Chat

Friday, September 12,1930

NOT FOR PUBLICATION

Subject: How to cook the delicious domestic rabbits. Recipes and menu from the Bureau of Home Economics, U. S. D. A.

Leaflet Available: Rabbit Recipes.

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At a certain girls' college I know of, it is the custom, when you wake up on the first of the month, to say "Rabbit, rabbit, rabbit!" three times, very distinctly, like that. Then you will be sure to get some money during the day. The girls are always quite keen about this ceremony, and it almost always works.

Just now, although it isn't exactly the first of the month, I'm quite excited myself over the latest publication from the Bureau of Home Economics, and I could very appropriately say "Rabbit, rabbit, rabbit", - for that's what the leaflet is about.

I might not get any money for saying it, but I can be sure of giving a great deal of pleasure by broadcasting some information about this attractive new leaflet. The title is, as a matter of fact, "Rabbit Recipes, and I'm going to read you some of them so you can try them at once. But be sure to send for the leaflet too.

When I tell you that all the recipes have been thoroughly tested by the Recipe Lady, Mrs. Fanny Walker Yeatman, whose name appears at the top of the text, and Miss Mabel C. Stienbarger, and that every so often while the tests were going on I was permitted to sample the products, you will easily understand my enthusiasm.

I wonder if all of you know what an extensive and valuable industry the production of domestic rabbits has become? Especially in the Western States. These domestic rabbits are utilized for both meat and fur. They can be eaten at any season of the year- and their flavor is a great improvement over that of their somewhat gamey relatives, the wild rabbits. All the meat on a domestic rabbit is white and delicately flavored throughout.

I am told by our Bureau of Biological Survey, which is greatly interested in this rapidly developing rabbit industry, that in the eastern part of the country also these delicious animals may be found on sale now. Most of the domestic rabbits are marketed at 8 to 10 weeks of age, and are then termed "fryers". They have an average weight of 4 pounds at 8 weeks of age. As they are so quickly grown their bones

are apt to be brittle, so in preparing the meat for cooking care should be taken to break the bones in such a way that they will not sliver.

Like young chickens and tender steaks and chops, young rabbits can be cooked by the quick methods of frying or broiling. The older rabbits need longer, slower, cooking. They are excellent served in fricassees, casserole dishes, rabbit pie, croquettes, salad, and chop suey, and in all the other ways adapted to mature fowl and the less tender cuts of meat. If first simmered until tender, these older rabbits may also be fried in batter, smothered in individual casseroles, and used in a number of other dishes.

Perhaps you'd like a menu in which rabbit is the main dish. Here's an attractive company supper for a warm September evening, planned by the Menu Specialist:

Rabbit Salad; Potato Chips; Blueberry Muffins; Iced Tea or Fruit Lemonade; and Canteloupe à la mode, which means filled with ice cream, of course. Be sure to get good ripe melons and use vanilla ice cream, or lemon sherbet, or pineapple ice, if you want a pleasing combination of flavor.

The recipe for rabbit salad in the new leaflet lists ten ingredients, including the various seasonings. Are you ready to write it down?

3 cups diced cooked rabbit meat,
1/2 cup salad oil,
1/4 cup vinegar,
1 teaspoon onion juice,
Salt
(REPEAT)
Paprika,
3 cups diced celery,
2 tablespoons capers,
Dash of tabasco sauce, and
1 cup thick mayonnaise.

To the rabbit meat, which has been cut into small even pieces, add the oil, vinegar, onion juice, salt as needed, and paprika, and let stand in a cold place for three or four hours, or overnight, to marinate. Then add the celery, capers, tabasco sauce, and enough mayonnaise to cover well. Serve on crisp lettuce leaves or other salad greens with a garnish of olives and radishes.

Another recipe from the leaflet, which you may like to have for a cooler evening if you have guests, is Rabbit à la King. The recipe is quite long so I am not going to give it now, but let you get it in printed form in the leaflet "Rabbit Recipes," Leaflet 66. It also has recipes for rabbits broiled and fried, rabbit en casserole, smothered rabbit, rabbit chop suey, and rabbit pie. You really need this leaflet to add to your other meat cookery bulletins.

One point I must mention. Rabbit livers make an extra good savory paste to use as a sandwich filling, or as a spread for crackers to serve with salad. You drop the livers into a small quantity of boiling water, simmer for 10 minutes, and drain. Mash them with a fork, remove any stringy tissue, and blend with finely chopped olives, minced onion, mayonnaise, a dash of tabasco sauce, and paprika. Chill before using.

So much for rabbits, and so much for recipes, today.

Monday: Good Posture.